

When things go wrong egress technicians make sure pilots have the opportunity to fly and fight again

By Ms. Lanorris Askew
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F-15 fighter pilots may well have one of the most dangerous jobs in the Air Force, but thanks a team at Robins, they can break the sound barrier with the knowledge that if something goes wrong, there's a way out.

A quick yank on the yellow ejection handles and the pilot gets a second chance to fly and fight again.

That second chance is provided by the six egress technicians here who are tasked with ensuring F-15 Eagle ejection systems are in perfect working order.

It's the type of work that could mean the difference in life or death for those who call the F-15 cockpit home.

"We want to make sure that all the pilot has to do in an emergency situation is go for the ride," said Mrs. Tricia Covey, the lone female egress tech here.

A very quick ride. According to the technician, in 3 seconds the pilot is out of the aircraft and underneath the parachute. In 6 seconds the survival kit deploys and he or she is headed for the ground.

"It's a fast and furious ride. That's why we make sure there are no errors - the pilot's life depends on whether we do our job right," she said. "You'd hate to think that something you did wrong caused something to happen to a pilot. It's a lot of responsibility knowing that someone's life depends on what you do and how you do your job."

The team is responsible for all of the maintenance on the ejection seat and the ejection system. When an F-15 lands here for maintenance, the egress technicians are among the first to get their hands on it.

Removing the seats isn't time-consuming, but according to the technicians, it can get uncomfortable at times.

"We have to twist and contort ourselves to get into some tight spaces," said Mr. John Harvey, egress technician. "It can be pretty awkward."

Once all of the twisting is complete, the team disarms the fire extinguisher cartridges (which put out engine fires) disconnects the Air Refueling Receptor cord, (which trips an explosive to release the refueling door), loads up the seat or seats depending on the model, and heads for home.

"We take the seats back to our shop where we store them, do all of the time changes on the seat's



U.S. Air Force file photo by Staff Sgt. Bennie J. Davis III

second chance SPECIALISTS



U.S. Air Force photo by Ms. Sue Sapp

Mr. Eddie Greene, F-15 egress shop supervisor, puts aside a parachute removed from the seat.

explosives and all other maintenance," said Mrs. Covey. The next step after removal is to go through the parachute and survival kit to see if it due for a repack. If that's the case those items are sent to the Life Support shop. Everything on an aircraft has a shelf and service life which means the items are only good for a certain

amount of time. If the service life runs out on a certain item involved in the ejection system while it's in depot, the egress techs change it out. Mr. Harvey said after checking parachutes and survival kits, the techs check the records to see what parts and explosives are about to expire. After seat maintenance is performed and the items are

returned from Life Support, the egress team repacks all items. The technicians said they know how important it is to get the job done right the first time. "If you leave out a lug, if the flight controls don't work or if engines go out you still have a chance to get out of the aircraft with the ejection system," said Mr. Eddie Greene.

"But if the seat doesn't work there's no hope, that's the last chance to get it right." Mr. Harvey, a seven-year egress veteran, agreed. "This job is one that I'm proud of," he said. "It gives you a reason to do your very best because somebody's life is depending on this system working."



U.S. Air Force photo by Ms. Sue Sapp
Mrs. Patricia Covey guides an ejection seat as it's hoisted out of the cockpit.

MOUNTAIN HOME AIR FORCE BASE, Idaho – Capt. Christopher Stricklin ejects from the USAF Thunderbirds number six aircraft less than a second before it impacted the ground at an air show at Mountain Home Air Force Base, Idaho, Sept. 14. The ACES II ejection seat performed flawlessly.



U.S. Air Force photo by Ms. Sue Sapp
A pilot pulls handles, like the ones above, to eject from an aircraft.

What to know

The ACES II or Advanced Concept Ejection Seat is considered a smart seat since it senses the conditions of the ejection and selects the proper deployment of the drogue and main parachutes to minimize the forces on the occupant. The ACES II seat is currently used in the A-10, F-15, F-16, F-117, B-1 and B-2 aircraft. Each F-15 seat weighs approximately 150 pounds and costs about \$100,000.

Three-star tour



U.S. Air Force photo by Ms. Sue Sapp
Mr. Ronnie Luke, F-15 section chief, briefs Lt. Gen. William R. Looney III from Wright-Patterson Air Force Base, Ohio, on Robins program depot maintenance Tuesday. The Aeronautical Systems Center commander visited the base earlier this week.

AFAS kicks off campaign to raise money for charities

The Air Force Assistance Fund 2004 Campaign raises money for official Air Force charities: the Air Force Aid Society, Air Force Enlisted Village, Air Force Village Indigent Widows' Fund and the General Curtis E. LeMay Foundation. The six-week campaign started Monday and runs through April 16. The Air Force Aid Society provides education programs, community enhancement programs and emergency assistance. The society provided over \$22.6 million in direct assistance to Air Force members and families. Last year Robins raised \$55,000, and our Airmen received

\$404,000 in assistance. The society provided \$12.9 million for emergency assistance; \$6.9 million for education programs; and \$2.8 million for community enhancement programs. Airmen benefit from Give Parents a Break – a stress relieving child care option for parents; Phone Home – phone cards purchased for members deployed; Spouse

Who to contact

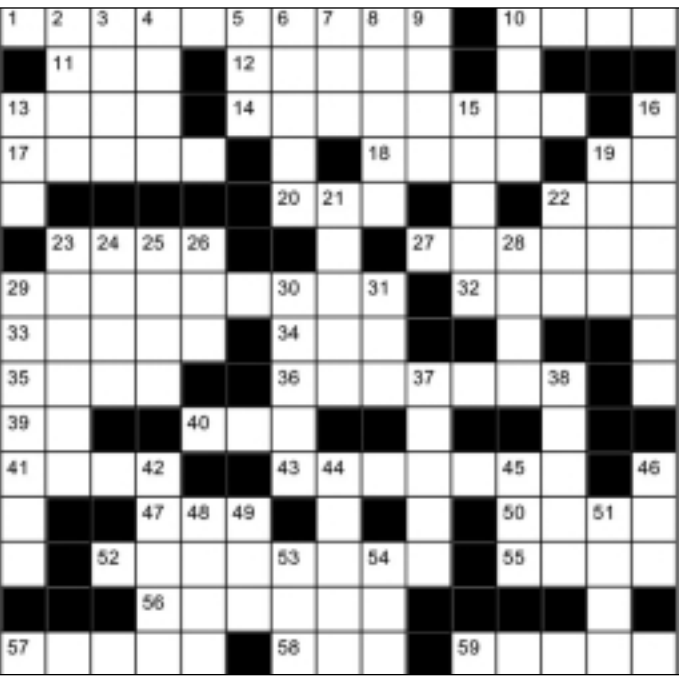
Base Maj. William Hill	5th Combat Communications Group Capt. Dale Dalrymple
78th Air Base Wing Capt. Mike Hall	653rd Combat Logistics Support Squadron Master Sgt. Brian Sondgeroth
WR-ALC Capt. Paul Fidler	Air Force Reserve Command Capt. Michelle Hill
19th Air Refueling Group 1st Lt. Laura Andrade	
116th Air Control Wing Lt. Col. Tim Burkes	

Tuition Assistance; and Bundles for Babies – a bundle of gifts for new and expectant parents.

Airmen also are eligible to receive monetary emergency assistance for unexpected car repairs, emergency travel, funeral expenses and medical bills.

– Maj. William Hill

CROSSWORD PUZZLE



CSAF, past and present
By 1st Lt. Tony Wickman
Alaskan Command Public Affairs

- ACROSS**

 - 1. CSAF – 4/30/48-6/29/53
 - 10. CSAF – 8/1/69-7/31/73 or 11/6/97-9/6/01
 - 11. Military show of appreciation (abbrev.)
 - 12. Cream of tartar
 - 13. Plant
 - 14. CSAF – 10/26/94-9/1/97
 - 17. CSAF – 6/30/61-1/31/65
 - 18. Oklahoma town
 - 19. Postal abbrev. for state home to Barksdale AFB
 - 20. Navy AFB equivalent
 - 22. Investigation for air-plane crashes (abbrev.)
 - 23. Org. to stop drunk driving (abbrev.)
 - 27. CSAF – 9/6/01-present
 - 29. CSAF – 2/1/65-7/31/69
 - 32. _____ Arabia
 - 33. Musical show
 - 34. Zodiac sign
 - 35. Wife of king of Sparta (Greek mythology)
 - 36. Puffed (as in a cigarette)
 - 39. Video game maker _____ Sports
 - 40. _____ Paulo, Brazil
 - 41. Play
 - 43. CSAF – 6/30/53-6/30/57
 - 47. Head cover
 - 50. Horse feed
 - 52. Frenzy
 - 55. Bite
 - 56. CSAF – 9/26/47-4/29/48
 - 57. CSAF – 7/1/74-6/20/78
 - 58. Architect I.M. _____
 - 59. CSAF – 7/1/86-6/30/90
- DOWN**

 - 2. Away from the wind
 - 3. Measure
 - 4. Actress Delaney
 - 5. USAF command echelon between MAJCOM and MOB
 - 6. CSAF – 8/1/73-6/30/74
 - 7. Part one of a holiday drink
 - 8. Parts in a play
 - 9. Dale
 - 10. Browse
 - 13. Soar
 - 15. Subtract
 - 16. CSAF – 7/1/82-6/30/86
 - 19. Exaggerated
 - 21. CSAF – 7/1/78-6/30/82
 - 22. Kwik-E-Mart owner on The Simpsons
 - 23. CSAF – 10/30/90-10/25/94
 - 24. Made a perfect score
 - 25. Children's show _____ the Explorer
 - 26. Building block of life
 - 28. Boy
 - 29. Bothers
 - 30. Poet and critic T.S.
 - 31. CSAF – 9/18/90-10/29/90
 - 37. Happening on a cycle
 - 38. CSAF – 7/1/90-9/17/90
 - 42. Instead of those?
 - 44. CSAF – 7/1/57-6/30/61
 - 45. Rest of 7 DOWN
 - 46. Compass direction
 - 48. Swiss mountain range
 - 49. Actress _____ Carrere
 - 51. Soft mineral
 - 53. Smack
 - 54. Israeli machine gun



LEAVE/TRANSFER

The following people have been approved as participants in the leave transfer program.

Mr. George E. King II, WRALC/LSEEW. Point of contact is Ms. Linda Matlock at 926-5948.

Ms. Margaret M. Falk, WRALC/LGEAB. Point of contact is Ms. Monica DeBiase at 926-4523.

Employee-relations specialists at 926-5307 or 926-5802 have information and instructions concerning requests to receive or donate annual leave. To have an approved leave recipient printed in the Rev-Up, directorates should send information to Angela Trunzo by e-mail at angela.trunzo@robins.af.mil. Submissions run for two weeks.

Planner

FAMILY SUPPORT CENTER

Family Support Center sponsored classes, workshops, and seminars are open to all Team Robins personnel and their eligible family members. The FSC is located on Ninth Street in Building 794. For additional information, or to make a reservation, call 926-1256.

TAP workshop

The next three-day Department of Labor sponsored Transition Assistance Program Workshop will be Monday through Wednesday, 8:30 a.m. - 4:30 p.m., each day, Smith Community Center Ballroom. Personnel leaving the military within the next six months need to sign up as soon as possible. Spouses are encouraged to attend. Reservations are taken on first-come, first-served basis within the appropriate separation or retirement dates.

Resume and cover letter

A Resume and Cover Letter Workshop will be Wednesday, 9 - 11 a.m., Building 945, FSC Annex.

Federal job class

Federal employment uses a different hiring system than the civilian sector.

The “How to Apply for a Federal Job” class helps to increase hiring possibility by educating personnel about the variety of federal jobs, the qualifications and the classification process, and the steps involved in applying for these jobs. The next federal jobs class will be Thursday, 9 - 11 a.m., Building 905, Room 246.

Reunion survival tips

The FSC will offer how-to’s and survival tips to negotiate the challenges and stages of reuniting with loved ones March 19, 9 -10 a.m., Building 945, FSC Annex.

Interviewing Q&A

The FSC will offer a workshop on Interviewing Q&A March 22, 1 - 3:30 p.m., Building 905, Room 139. This class is designed for anyone who has attended a program like the Department of Labor 3-day workshop, or who has done interviews but wants suggestions on how to approach or answer specific questions they were asked. Advance registration is required.

Applied suicide skills training

A workshop on Applied Suicide

Skills Training will be conducted March 24-25, 8:30 a.m. - 4:30 p.m., Base Chapel annex.

This training is for anyone interested in preventing a suicide.

The spouse’s connection

The FSC offers the Spouse’s Connection, March 24, 9-11 a.m., in Building 945, FSC Annex.

Tired of staying home? Need to get out? Want to make new friends? We have just the thing you are looking for. Let’s “Get Together” for conversation, laughter, and a bit of fun and refreshments. Come and learn about the fun things there are to do in Middle Georgia and make a new friend in the process.

Jr. Smooth move

The FSC offers a workshop for kids of military and DoD civilians on the move. Children ages 6-12 will learn about their new assignment location through the use of games, maps and activities appropriate for their age. The workshop will be held March 25, 4 - 5:30 p.m., in Building 945, FSC Annex. Space is limited so early registration is required.

SERVICES BRIEFS

Members First Plus Royal Rewards 926-5492

The Members First Plus Royal Rewards program is underway to reward Officers’ and Enlisted Club members. To enter the contest, pick up a royal card at one of the clubs and take it to one of any participating Services facilities. Every time a club member makes a purchase of \$4 or more at the clubs or participating Services facilities they receive a crown to add to their royal card. Limit one crown per visit.

Members who collect 10 crowns can then fill out the backside of the card and drop it off at their membership club for a drawing. Winners will be randomly selected from each club on a quarterly basis; with the first drawings being held at the end of the month. Members who turn in 10 cards between now and Feb. 28, 2005, will receive a \$10 dinner certificate redeemable at either club, Pizza Depot, Fairways Restaurant, On Spot Café or the main Base Restaurant.

Each month members also can earn a free crown by visiting the Services Web site or finding the crown in the Services Edge magazine. Limit of one wild crown per card.

Civilian Recreation
Wear green to the St. Patrick’s Day Bingo at the Base Restaurant

Wednesday to receive a free jackpot card. Door prizes and higher payouts will be available.

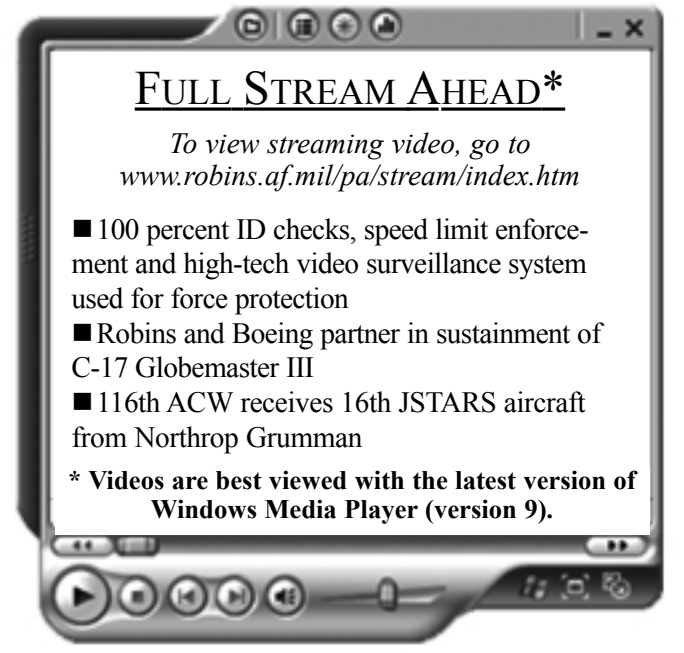
Teams of two are invited to Bunco March 27 at 3 p.m. The winners win, the losers win and there will be special winners throughout the tournament. Play for prizes. Space is limited, and cost is free. To register, call 922-4415.

Tennis players are invited to play at their own level in the singles and doubles spring tennis leagues, which begin April 5. Open to anyone 16 years and older in the Robins community who register by March 31. Cost is \$10 per person. Play at your own level.

Family Child Care
Annual training for Family Child Care providers in fire safety, child abuse awareness, health and sanitation, and positive guidance will be March 20 9 a.m.- 3 p.m. in the FCC office, located on the second floor of the Smith Community Center.

Officers’ Club
A St. Patrick’s Day Boss n’ Buddy night will be Wednesday at 5 p.m. at the Wellston. Members are invited to enjoy free tacos, wings, mini corned beef sandwiches and beverage specials. A trivia contest will be held with a prize given for the unit with the most participating members. For more information, call 926-2670.

STREAMING VIDEO



News from around the base –Watson and Cox Channel 15
Friday – 8 p.m. **■Sunday** – 1:30 p.m. **■Monday** – noon

CHAPEL SERVICES

Catholic Masses are celebrated at the chapel each Saturday at 5:30 p.m., Sunday at 9:30 a.m., and on Holy Days of Obligation at noon and 5 p.m. and Monday through Friday at noon. The Sacrament of Reconciliation is on Saturday from 4:30-5:15 p.m.

Protestant General Services take place every Sunday at 11 a.m. This service

includes some traditional and contemporary worship styles in music and in format.

Protestant Inspirational Services take place every Sunday at 8 a.m.

Protestant Contemporary Services take place 11 a.m. each Sunday at the Base Theater. This service is very informal, with a praise team assisting in singing and includes both traditional and contemporary

styles of music and worship.

Jewish service time is each Friday at 6:15 p.m. at the Macon synagogue.

Islamic Friday Prayer (Jumuah) is Fridays at 2 p.m. in the chapel annex Rooms 1 and 2.

The chapel helps with spiritual needs that arise. For further information, call the chapel at 926-2821.

MOVIE SCHEDULE

Friday
7:30 p.m. – The Big Bounce – Owen Wilson and Morgan Freeman

Jack, a likeable drifter whose talents lie just outside the law, heads for Hawaii hoping a change of scenery will bring him luck. On the exotic North Shore of Oahu, he soon discovers that whether he is looking for a new con or a little romance, temptation is everywhere.

Rated PG-13 (sexual content and nudity, violence and language) 88 minutes



Saturday
7:30 p.m. – The Perfect Score – Erika Christensen and Chris Evans

Six high school students desperate to get into top-notch colleges develop a plan to break into Princeton Testing Center to steal the answers for the S.A.T. in order to prevent the test from unfairly defining who they’ll become. Each has his or her own set of circumstances that leads to the conclusion that the only way to truly decide one’s own fate is to beat the system.

Rated PG-13 (language, sexual content and some drug references) 93 minutes



Cutting red meat portions benefits healthy diet

Hearty meatball and pasta soup

Preparation time:
10 minutes
Servings: 4

- 1 can (14.5 ounces) beef broth
- 1 pound ground beef (90 per cent lean)
- 1 egg
- 1 teaspoon Italian seasoning
- 1/2 teaspoon salt
- 2 slices of soft white bread crumbled
- 8 ounces of fresh pasta
- 2 tablespoons of fresh ground Parmesan cheese
- Mix broth and 3 cups of water in large pan. Bring to a boil. Mix beef, egg, Italian seasoning, salt and bread crumbs, form into meatballs, and gently add to broth mixture, cooking it for 5 minutes. Add pasta and cook until pasta is tender and meatballs are thoroughly cooked. Sprinkle with cheese.

Recipe from www.gabeef.org

By Ms. Holly J. Logan
holly.logan@robins.af.mil

Cutting back on red meat is a more healthy approach to diet than eliminating it altogether, said Ms. Lindy Kurtz.

Although red meat’s reputation for high-saturated fat content has left a bad taste in the mouths of some, the Health and Wellness Center dietitian said it’s a healthy source of protein that shouldn’t be avoided.

“It’s not that you can’t have it,” she said. “You just need to balance your red meat consumption with healthy choices of poultry, pork and fish. It’s about balancing all four of those.”



Ms. Lindy Kurtz

Ms. Jessica Deneke, clinical dietitian at the Houston Medical Center, said an excess of poorly selected high-fat, high-cholesterol protein sources could carry deadly consequences.

“It’s important to balance all foods, but especially those that put people at a higher risk for having heart disease and cholesterol problems,” she said.

Ms. Kurtz said selecting lean cuts of red meat and other animal-based protein sources helps meet the body’s nutrient needs naturally – without the harmful health effects.

“Red meat, chicken, pork and fish are each different because they’re different foods,” she said. “But they’re all the same because they’re good, quality sources with high biological value proteins that have all the necessary amino-acids for the body. You can get protein from alternative plant sources, but it’s easier for the

body to get it from meat sources.”

Making the right choices is only a portion of a healthy eating plan, said Ms. Kurtz.

“A good rule of thumb for red meat is that you don’t want to consume it more than twice a week,” she said. “The typical

portion size is 3 ounces (equivalent to a deck of cards). As long as you choose the smallest steak at a restaurant – and ideally, take some of it home with you – you’ll be getting the appropriate serving size.”

Ms. Deneke said proper nutrition is a delicate balancing

act, with all food groups serving important roles.

“Everything should be done in moderation,” she said. “It’s not about cutting out certain foods. The key is having a balanced diet, incorporating all food groups in proper portions.”

SPORTS BRIEFS

Bowling Center

Go fishing day will be held every Thursday in March. During open play you can catch a fish that determines the price of your games.

Fitness Center

Robins will host the Southeastern Military Athletic Conference women’s basketball tournament Saturday and Sunday at the Fitness Center, Building 826. Games will begin at 9 a.m. both days. Six teams from Alabama, Florida, Mississippi and Georgia will be competing in this double elimination tournament for the championship trophy. Everyone is welcome to come out and support Team Robins.

A St. Patrick’s Day run will be held Wednesday at 11 a.m. in front of the Health and Wellness Center. This event is sponsored in part by Atlanta Bread Company. No federal endorsement of sponsors intended.

Golf Course

A spring break junior golf clinic will be held Tuesday through Thursday. Cost is \$40. Participation is limited to the first 15 paid juniors in each class. Times are 9 - 11 a.m. for 7 to 11 year olds, noon - 2 p.m. for 12 - 15 year old and a new girls class, 9 - 17 years old from 3 - 5 p.m. For more information call 926-4103.

Link Up 2 Golf offers participants over \$300 in savings. Cost per person is \$99 and includes eight hours of instruction, free-range punch cards and three golfing experiences. The class is March 22. To register, call 926-4103.

Nature Center

A hunter’s safety class will be held Wednesday at 4:30 p.m. at the Nature Center.

Youth Center

Registration for the youth sports softball and baseball program has been extended by the Youth Center. Register Monday through Friday from 3 - 6 p.m. and Saturday from 1 - 6 p.m.

Registration for Operation Night Hoops will be held Monday through Friday from 3 - 6 p.m. and Saturdays 1 - 6 p.m. March 13 - 20 at the Youth Center. Cost is \$10 per player with seven players per team. Season starts March 26 and will last for eight weeks.

The Youth Center will go on an outing to see the “Harlem Globetrotters on a night with the Atlanta Hawks” March 20. Costs, which include admission ticket, souvenir visor and transportation, are \$50, lower level, and \$30, upper level. Game time will be 1 p.m. For more details and to sign up for the trip, call Mr. O. J. Wheeler at 926-2110.

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Dealing with hypertension

By Ms. Dairlyn Brown
Registered Nurse
Health and Wellness Center

Blood pressure is measured by how hard blood pushes against blood vessel walls as it flows through the body. Blood pressure can go up and down. It’s normal for this pressure to drop when you are relaxed or sleeping and rise when you are upset or involved in physical activity.

But, blood pressure that stays high isn’t healthy. It makes your heart work harder than it should. No one is sure what causes blood pressure to stay high, but it can happen if blood vessels are too constricted or too full because blood volume is too high.

Many people don’t know they have high blood pressure because there usually aren’t any symptoms.

Left untreated, high blood pressure can lead to serious health problems.

There are several risk factors for developing high blood pressure. They include: heredity - high blood pressure may run in families; diet - eating foods with too much sodium and fat; being overweight; a lack of regular physical activity; age - blood vessels tend to become less elastic with age; race - for example, high blood pressure is more common in Hispanics, Asians and African Americans.

More information

To have a three-day blood pressure check or to attend hypertension education classes, contact the Health and Wellness Center at 327-8480 or visit www.robins.af.mil/78MEDGP/aerospace/hawc/hawc.htm or contact your local health-care provider.

But, there’s a lot you can do about high blood pressure. Once you know you have it, you can work on bringing your blood pressure down.

Blood pressure is given as two numbers, one over the other – for example, 120 over 80. Systolic blood pressure, the top number, measures the force of your blood against blood vessel walls while your heart beats. Diastolic blood pressure, the bottom number, measures the force between beats.

There are new blood pressure guidelines to include prehypertension. Nearly one in four adults in the U.S. who once thought they had normal blood pressure levels are now considered part of a new risk group category called “prehypertension.”

These guidelines are the

first major revision of blood pressure readings since 1997.

Your blood pressure is normal if your systolic pressure stays less than 120 and your diastolic pressure stays less than 80.

You are pre-hypertensive if your systolic pressure is 120-139 or your diastolic pressure is 80-89. You have high blood pressure or hypertension when your systolic pressure is 140 and higher or your diastolic pressure is 90 and higher.

If you are pre-hypertensive, make heart-healthy lifestyle changes to reduce your risk of heart disease, stroke, and other complications.

If you have high blood pressure, you and your health-care provider will decide on a treatment plan that will be based on your level of risk for health problems and your blood pressure level. Your plan may include lifestyle changes like changing your diet, losing weight, exercising,giving up tobacco products, and limiting alcohol use.

Your health care provider may prescribe medications to help lower your blood pressure and may recommend that you check your blood pressure regularly.

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‘Can you hear me now?’

■ Prayer breakfast speaker’s advice: Cut life’s static to hear God

By Mrs. Chris Zdrakas
chris.zdrakas@robins.af.mil

Like the question posed in the widely-televised cell phone commercial, God is asking people, “can you hear me now?”

That was the crux of the message Chaplain (Brig. Gen.) Charles Baldwin, deputy chief of the Air Force Chaplain Service, delivered to more than 400 at Robins’ annual Prayer Breakfast March 5 at the Museum of Aviation’s Century of Flight hangar.

Chaplain Baldwin will soon become chief of the chaplain service.

“The creator of the universe wants to talk to us. He has something to say. He desires to be part of every breath we take,” he said. “We live in a land of freedom, yet static prevents us from hearing God.”



Chaplain (Brig. Gen.) Charles Baldwin



U.S. Air Force photo by Ms. Sue Sapp

Second Lt. Victor Gabela, 51st Combat Communications Squadron, bows his head in prayer at the National Prayer Breakfast March 5 at the Museum of Aviation.

The world’s static – the things of the world – “never satisfy the needs of the heart,” the Air Force Academy graduate who once flew helicopters in Vietnam said. He reminded everyone that God has told us ‘I am all that you need’. Sin and a fallen world filled with death; war and disease have separated us from God and kept us from hearing “God’s loving, powerful voice,” he said.

“When we break God’s law, we also break God’s heart,” Chaplain Baldwin said. “The good news is God can forgive and make our connection once again.”

The breakfast, which coincided with the National Day of Prayer, was spon-

sored by the Base Chapel.

He told the audience that God left us an “instruction book” to avoid sin – the Bible, which contains all we need to know about how to live according to God’s will in our lives. Without the static caused by sin, people can hear God’s voice because he created people to hear him and to know the greatness of his love, the chaplain said.

“The creator of the universe wants to talk to us. He has something to say. He desires to be part of every breath we take.”

Chaplain (Brig. Gen.) Charles Baldwin
Deputy chief of the Air Force Chaplain Service

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